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Creation of the FAME Creative Fashion Construction and Design Course Trainers' Toolkit

Resources Pack

Project Title: FAME (Fashion eMpowers NEETs)

Programme: Erasmus+

Work Package 2: Conceptual and Analytical Framework, and FAME Creative Fashion Construction and Design Course Development

Project website: <https://thefameproject.eu/>

Facebook: @fameproject

LinkedIn: <https://www.linkedin.com/company/fame-fashion-empowers-neets/>

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Trainers' Toolkit – Resource Pack

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Session 2: Measurements, Pattern Literacy and Fabric Planning

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Activity 1: Introduction to Machine Stitching



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Activity 2: Taking Body Measurements



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●●● Trouser Measurements



1. WAIST



2. HIPS



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●●● Trousers Measurements

3. THIGH (AROUND THIGH)



4. CROTCH DEPTH



5. TROUSER LENGTH



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Activity 3: Pattern Literacy



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●●● Fashion Patterns



**Individual ready-made commercial
patterns in standard sizes**



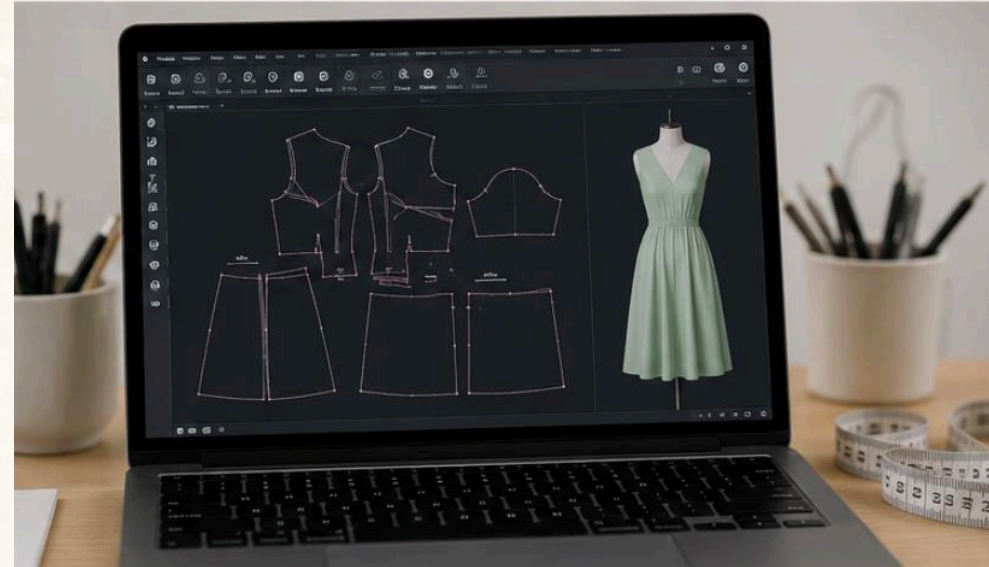
**Multi-sized patterns in commercial
magazines**

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●●● Fashion Patterns



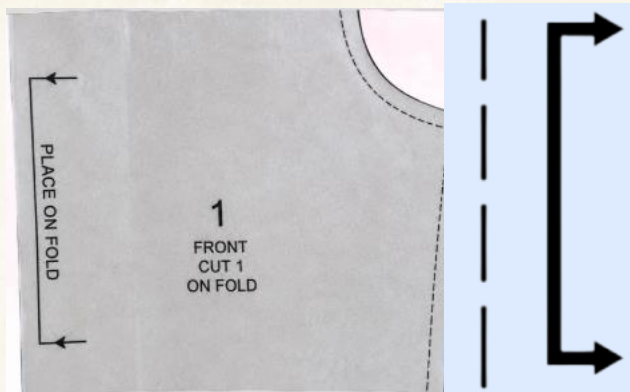
Bespoke Patterns



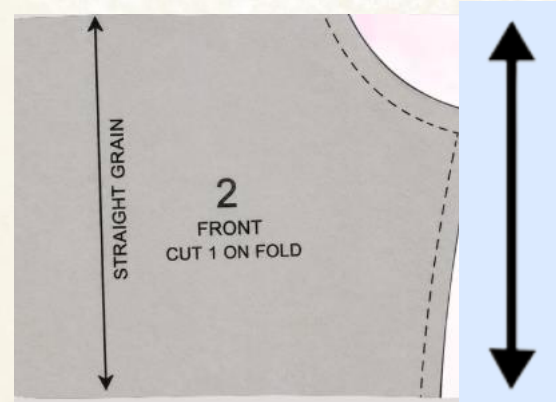
Software-created patterns

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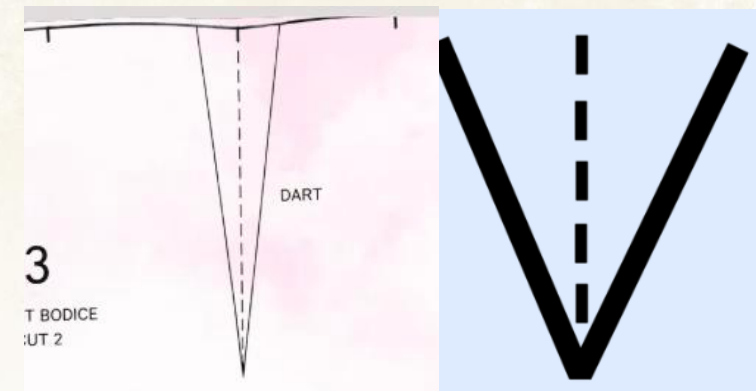
●●● Pattern Markings



Fold



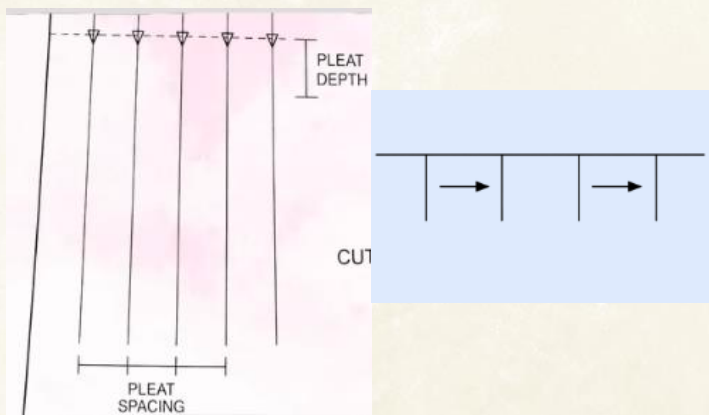
Grainline



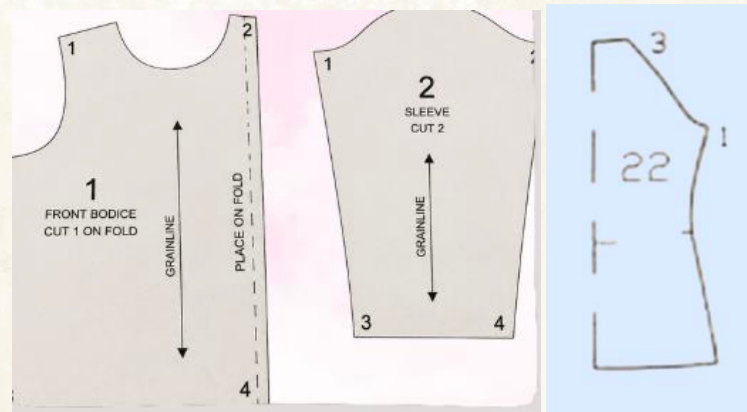
Dart

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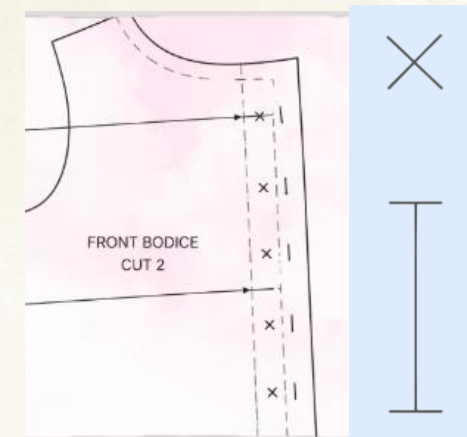
Pattern Markings



Pleats



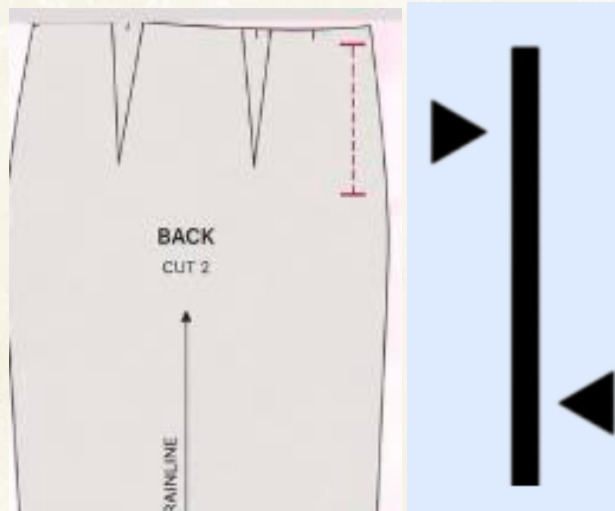
Numbers



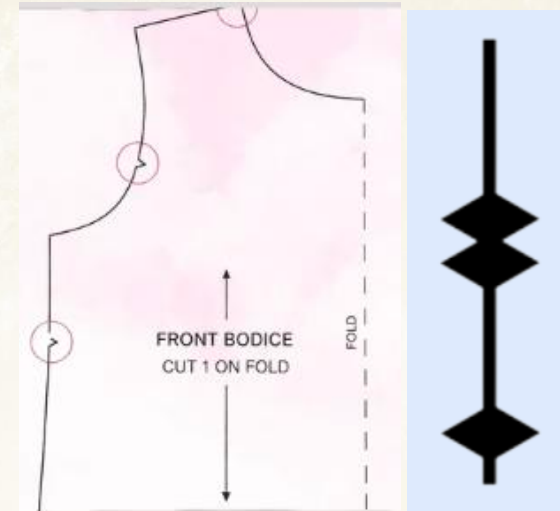
Button &
Buttonhole

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●●● Pattern Markings



Zip Fastener



Notches

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Activity 4: Pattern layout on fabric, pinning, cutting and marking



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●●● Step-by-Step Trousers Construction Guide



1. **Body Measurements**: Work with a partner. Professionally and respectfully measure and record of the four key areas on the body measurement record sheet.

- Waist
- Hips
- Around thigh
- Crotch Depth
- Trousers Length



2. **Pattern Literacy**: Look at your paper pattern pieces. Identify the Front Leg, Back Leg, and Waistband. Find and understand the symbols: grainlines (direction), notches (matching points), cutting lines, and seam allowances.

2

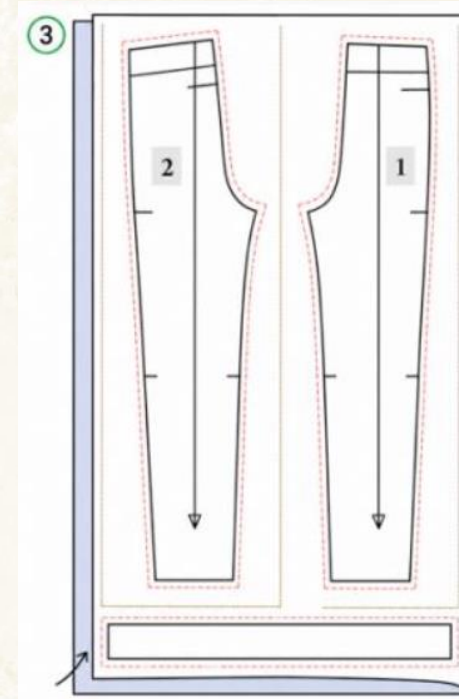
PATTERN SYMBOLS	
Grainline	↑
Notch	∨
Cutting Line	—
Seam Allowance	---

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●●● Pattern layout on fabric, pinning, cutting and marking

3. **Pattern Layout**: Lay your fabric flat and fold right sides of the fabric together. Place the paper pattern pieces on top, aligning them perfectly with the fabric's grainline to minimize waste. Pin them securely, transfer all pattern markings using tailor's chalk and a measuring tape.

4. **Cutting**: Cut out all the trouser pieces along the cutting line and make sure every single notch and marking is transferred before you begin sewing.



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●●● Conclusion



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Session 2 (Activity 2)

Body Measurement Record Sheet

Name: _____

Date: _____

Measurements for Trousers Construction	
1. Waist	cm
2. Hips	cm
3. Around thigh	cm
4. Crotch depth	cm
5. Trousers Length	cm



TROUSER MEASUREMENTS

How to take your measurements

1. WAIST



★ Measure around the natural waist, which is the narrowest part of your waist.

2. HIPS



★ Measure around the fullest part of your hips and bottom.

3. THIGH (AROUND THIGH)



★ Measure around the thigh, at the widest part.

4. CROTCH DEPTH



★ Place one end of the tape at the waist (at the center front) and run the tape between the legs up to the top of the stool or seat. This is your crotch depth.

5. TROUSER LENGTH



★ Measure from the waist (at the side) down along the side of the leg to the desired length (e.g. to the ankle or floor).



Tips:

- Use a soft measuring tape.
- Stand straight but relaxed.
- Keep the tape snug, not tight.
- Take measurements over fitted clothing.

SAFETY AND STEP-BY STEP INSTRUCTION SHEET



Part 1: Safety Regulations in the Workshop

Before you use any fabric or equipment, make sure you know these essential safety rules:



- **Sewing Machines:** Always maintain a correct, upright seating position. Keep your eyes focused on the needle area and control your sewing speed smoothly using the foot pedal. Always keep your fingers at a safe distance from the moving needle.



- **Cutting Tools & Pins:** Fabric scissors are sharp. Always carry them with the blades closed, pass them to others' handle first, and never leave them open on the table. Store your pins safely in a pin cushion or box when not in use.



- **Irons & Pressing:** Irons operate at high temperatures and release hot steam. Always stand the iron upright when resting, never leave it face down, and use a pressing cloth to protect both the fabric and your hands.



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Part 2: Step-by-Step Trousers Construction Guide

1. **Body Measurements:** Work with a partner. Professionally and respectfully measure and record of the four key areas on the body measurement record sheet.

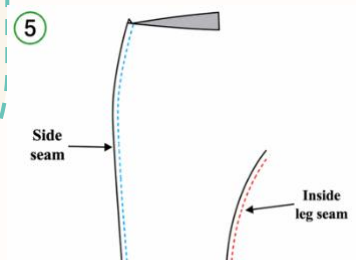
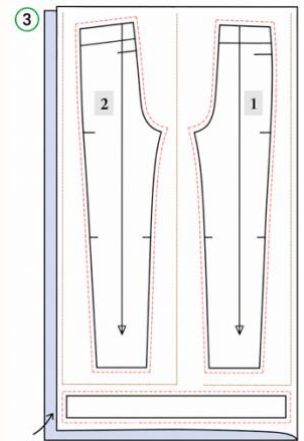
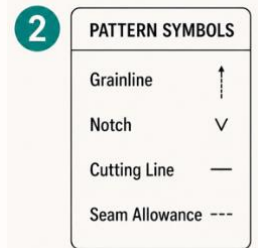
- **Waist**
- **Hips**
- **Around thigh**
- **Crotch Depth**
- **Trousers Length**

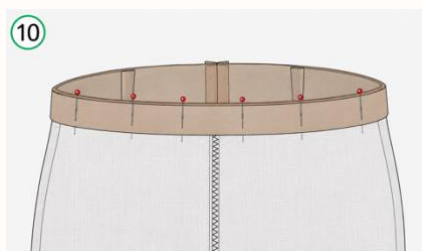
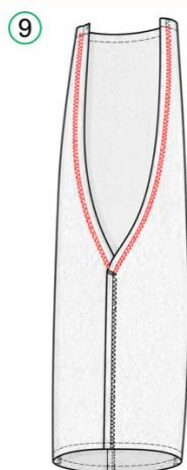
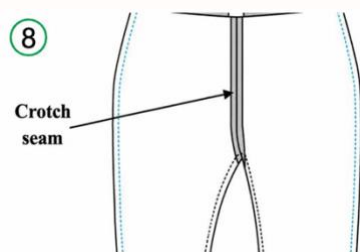
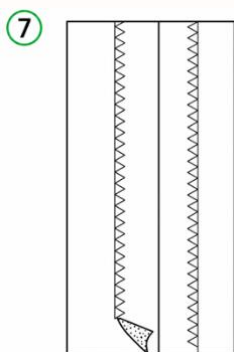
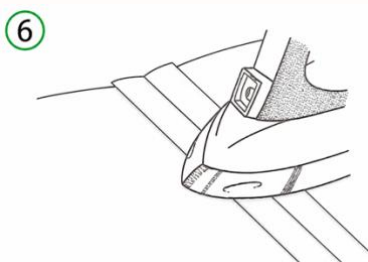
2. **Pattern Literacy:** Look at your paper pattern pieces. Identify the **Front Leg**, **Back Leg**, and **Waistband**. Find and understand the symbols: *grainlines* (direction), *notches* (matching points), *cutting lines*, and *seam allowances*.

3. **Pattern Layout:** Lay your fabric flat and fold right sides of the fabric together. Place the paper pattern pieces on top, aligning them perfectly with the fabric's grainline to minimize waste. Pin them securely, transfer all pattern markings using tailor's chalk and a measuring tape.

4. **Cutting:** Cut out all the trouser pieces along the cutting line and make sure every single notch and marking is transferred before you begin sewing.

5. **Side & Inner Leg Seams:** Align the matching notches of the front and back leg pieces. Pin them together and then **tack** (temporary running stitches) the side seams and inner leg seams. Once secured, machine stitch them with a consistent seam allowance.





6. **Pressing seams:** Take your stitched pieces to the ironing board. Carefully **press open** each seam flat without stretching or distorting the fabric.

7. **Neatening of seams:** Change your sewing machine settings to a **zigzag stitch** and neaten all raw edges to prevent the fabric from fraying.

8. **The Crotch Seam:** Turn one assembled trouser leg right side out and insert it into the other leg (which is wrong side out). Correctly align the front and back crotch curves, matching up the notches and seam allowances. Pin, tack, and machine stitch the entire crotch seam smoothly.

9. **Press & Neaten Crotch:** Safely press the curved crotch seam open. Finish the raw edges using a zigzag stitch on the machine to guarantee the garment's durability.

10. **Waistband Preparation:** Locate your fabric waistband piece. Fold it, press it with the iron, and align it along the top edge of your trousers. Pin and tack it in place so it is secure and perfectly prepared for final machine stitching.

11. **Stitch the Waistband:** Align the waistband with the waist edge of the trousers, matching your seam allowances. Machine stitch it carefully but **remember to leave a small opening** so you can insert the elastic.

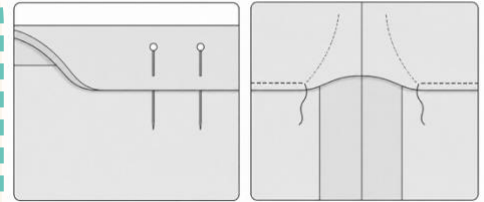
12. **Pressing the waistband:** Press the waistband to give it a neat look.

13. **Insert the Elastic:** Attach a safety pin or bodkin to one end of your elastic. Guide it through the waistband casing, making sure it doesn't twist. Secure the ends evenly, stitch the waistband opening closed, and adjust the fabric gathers evenly.

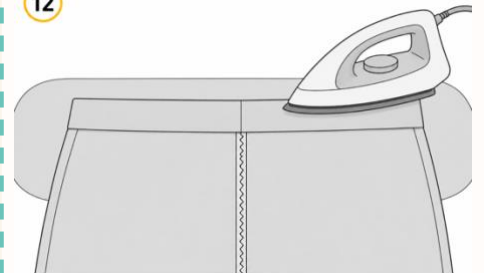
14. **Sew the Hem:** Measure and fold an even hem allowance at the bottom of the trouser legs. Pin, tack, and press the fold. Complete the hem using a machine stitch or a hand slipstitch and give it a final press with the iron.

15. **Quality Control:** Inspect your finished garment using your Quality Control Checklist!

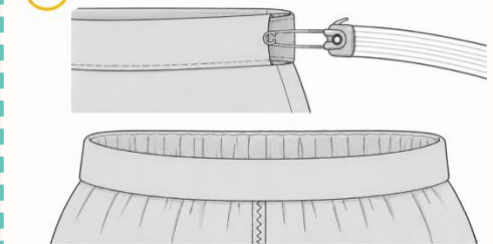
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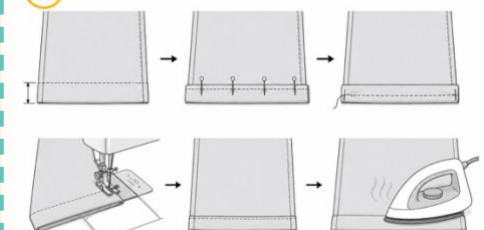
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13



14



15



Session 2 (Conclusion)



Session 2 (Conclusion)

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